**Dal (also spelled Dahl or Daal, or Dhal)**

**by Beth Sewell**

Dal originally comes from North India, although it is also an important part of Nepali, Pakistani and Bangladeshi cuisine. Dal is often eaten in the UK too.

The word dāl is derived from the the Hindu language root dal- (to split).

It is a style of preparing lentils, they cook lentils, usually red gram lentils or split lentils, and are mixed with spices, such as cumin, [fenugreek, mustard seeds](http://en.wikipedia.org/wiki/Fenugreek_seeds), [turmeric](http://en.wikipedia.org/wiki/Turmeric), [coriander powder](http://en.wikipedia.org/wiki/Coriander), [red chili powder](http://en.wikipedia.org/wiki/Chili_powder), and [garam masala](http://en.wikipedia.org/wiki/Garam_masala).

Dal is eaten all times of the year and also at Indian Festivals.

The History of lentils goes back a long way as they were one of the first foods to grown in central Asia.



Evidence of early growing lentils goes back as early as 6000BC and there is some mention of them in the first chapter of the Bible. (The Story of Esau who gave up his birth right for a dish of lentils; Genesis 25: 30—35.)

*lentils finished dal*

The cooking time for a dal dish is approximately 1 hour 45 minutes.

# Recipe

Place the Lentils in water and bring to the boil. Add the garlic, ginger, turmeric and chopped chillies to the pan with a pinch of salt, turn down the heat, cover, leaving the lid slightly ajar, and simmer very gently for about 1½ hours, stirring occasionally, until the dal has broken down completely and become creamy.

Add boiling water or reduce the dal further to achieve your preferred consistency if necessary, and season to taste – I add about 1 teaspoon salt – then add the whole chilies and simmer for 15 minutes, then serve with a pinch of coriander.

Why not try some naan bread? (See Hannah’s recipe)

**Healthy Eating**

**by Suleiman Safdar**

My article is all about food and food groups. In our lives we must eat lots of fruits and vegetables, because they have lots of healthy vitamins and other good things for our bodies. If we eat lots of good things for our bodies you will become a healthy person and we won't get ill so much. Remember don't eat loads and loads of sweets and things that are high in fat and sugar. If we don't eat healthy things our bodies won't work right. It is okay to have some sweets but not all the time. Always brush your teeth before bed and in the morning.



There are five main food groups:

* sweets, sugar, high in fat and sugary drinks products are all

not that great for us.

* Fruit and vegetables are the second healthiest in our diet.
* Meat, fish, eggs and beans are sources of protein which are

okay for our bodies.

* Milk, yoghurt and cheese are all dairy products.
* Bread, rice, pasta and potatoes give us energy.

*Food groups*

So remember always eat the right things and sometimes for a little treat you can have a little packet of sweets!

**Traditional Sunday Roast**

**by Ella Fisher**

Sunday Roast is served with a type of meat, which means Sunday Roast is NOT good for vegetarians! It is normally beef, lamb, pork or chicken. Pork is made out of pig, lamb is made out of lamb and beef is made out of cow.

I will now interview my Dad, Lawson Fisher, who has Sunday Roast almost every Sunday.

*Traditional roast dinner*

Me: Hello, Dad!

Dad: Hello.

Me: What would you normally have on your plate of Sunday Roast?

Dad: Meat, carrots, peas, broccoli, sprout, roasted parsnips, Yorkshire pudding and MAYBE cauliflower

cheese.

Me: What times in the day would you have your roast?

Dad: Lunch or dinner.

Me: Is it healthy?

Dad: Yes it is! Especially with all those nice vegetables.

Me: Is roast dinner like Traditional Christmas Dinner?

Dad: Yes, although it is served with Turkey.

Me: Do you know about the history of Sunday Roast?

Dad: Yorkshire families left a cut of meat before they went to church on a Sunday morning, so it would

be ready when they come back.

Me: What do you eat with the meat you have?

Dad: With beef we have English Mustard or horseradish sauce. With pork you have crackling, sage-and-

onion stuffing, apple sauce or English mustard. With lamb you have mint sauce or redcurrant jelly.

With chicken you have pigs-in-blankets, sausages or sausage meat, stuffing, bread sauce, cranberry

sauce or redcurrant jelly.

Me: What happens to leftover food?

Dad: The vegetables are used to make bubble and squeak and meat is used as sandwich filling.

Me: Well thanks Dad for some lovely things about Sunday Roast.

Dad: You’re welcome!

My Dad likes Sunday dinner that much he knows all that!!!!! Well that’s it because my Dad has basically said everything thank you.

**Pizza**

**by Hazel Bonas**

Pizza is very popular in the UK. It shows how we have such a lot of different cultures in our country because of the different toppings and recipes for pizza. In Birmingham you can even get a curry topped pizza! Some pizzas are healthy and others are not.

Pizza gets people together to share a meal and you can even eat with your hands if you like! It’s very popular in the UK.

The common belief is that Italians invented the pizza, however the origins go back to the ancient times. It is known the Babylonians, Israelites, Egyptians and other ancient Middle Eastern cultures were eating flat, un-leaven bread that had been cooked in mud ovens. The bread was much like a pitta, which is still common in Greece and the Middle East today. It is known that ancient Mediterranean people such as the Greeks, Romans and Egyptians were eating the bread, topped seasoned with olive oil and native spices.

*Hazel making healthy pizza*

*Hazel making healthy pizza*

An unhealthy pizza might be one topped with junk food which includes fried potatoes and onion rings also small pancakes filled with cheese! While the other, which we thought you’d prefer, is a very healthy one topped with broccoli, mushrooms, fresh tomatoes and a tiny grating of cheese. The base is made from a flour tortilla. Enjoy!

**Healthy Pizza Recipe**

Equipment:

Baking Sheet, Knife , Spoon , Grater , Brush for oil.



Ingredients:

* 4 large [flour](http://www.bbcgoodfood.com/content/knowhow/glossary/flour) or corn tortillas
* [olive oil](http://www.bbcgoodfood.com/content/knowhow/glossary/olive-oil)
* [tomato](http://www.bbcgoodfood.com/content/knowhow/glossary/tomato) paste or passata
* 1 large [courgette,](http://www.bbcgoodfood.com/content/knowhow/glossary/courgette) grated
* 1 mozzarella cheese ball, sliced or grated
* Brocolli
* Fresh tomatoes
* Mushrooms

*Here’s how it will look!*

Here’s what to do:

1. Turn on the oven grill.
2. Brush or spray baking sheet with some olive oil.
3. Place 1 or 2 tortillas on the baking sheet and brush or spray with a small amount of olive oil.

This will help the tortillas go crisp in the oven.

1. Spread the tomato paste or passata on the tortillas and grate the courgette over the top.
2. Slice the mozzarella cheese balls into discs or tear into chunks and spread over the pizza.
3. Add whatever other toppings you prefer onto the pizza. Be inventive!
4. Put the pizzas under the oven grill for 5 to 10 minutes, depending on the toppings.

**Pizza**

**by Daisy Hill**

Pizza originated from Italy, in 997CE in a town called Gaeta in Southern Italy. Its name comes from the Latin word “pinsa” which means to pound or to crush and refers to the flattening out of the dough. To start with it was simply made with flour and water. In later year’s they were spiced up with herbs and called focaccia bread. By 1522 tomatoes were brought over from Peru and started being put on the pizza. In the 18th century Queen Maria D’Aspurgo Lorena asked for a special pizza oven to be built.

[](http://www.google.co.uk/imgres?imgurl=http://www.passion-4-pizza.com/images/ancient_roman-oven.jpg&imgrefurl=http://www.passion-4-pizza.com/history_of_pizza.html&h=267&w=360&sz=33&tbnid=ktzGVHhwxyfq3M:&tbnh=90&tbnw=121&prev=/search?q=image+ancient+pizza&tbm=isch&tbo=u&zoom=1&q=image+ancient+pizza&docid=s_4MLxSzbUDHIM&hl=en&sa=X&ei=i43STsX6EMOk8QO6rJXbDw&ved=0CCAQ9QEwAA&dur=2917)In 1830 the world’s first pizza restaurant opened called Port’Alba on the bay of Naples. After World War 2 pizza became much more popular in Britain when soldier’s came back from Italy telling everyone how delicious pizza was and how they made it!

[](http://www.google.co.uk/imgres?imgurl=http://www.wildyeastblog.com/wp-content/uploads/ys/ys100209-Pizza.jpg&imgrefurl=http://www.wildyeastblog.com/2009/10/02/yeastspotting-10-2-09/&h=169&w=196&sz=14&tbnid=-4PXJNILx_o4VM:&tbnh=90&tbnw=104&prev=/search?q=image+ancient+pizza&tbm=isch&tbo=u&zoom=1&q=image+ancient+pizza&docid=ml8fLsztSWAB_M&hl=en&sa=X&ei=i43STsX6EMOk8QO6rJXbDw&ved=0CCwQ9QEwBA&dur=2512)

*An ancient pizza oven*

*How an Ancient Roman pizza*

*may have looked.*

Pizzas have become more and more popular over the years and by 1957 they could even be bought frozen! There are many pizza restaurants all over the world and there is a huge choice of toppings people use.

[](http://www.google.co.uk/imgres?q=pizza+hut&um=1&hl=en&sa=N&rlz=1T4RNWN_enGB273GB274&biw=1280&bih=561&tbm=isch&tbnid=m9MhsWEOfSGnTM:&imgrefurl=http://moblog.net/view/133820/pizza-hut-is-good&docid=Tx_GdGiwpOVEPM&imgurl=http://moblog.net/media/m/c/d/mcdan40/pizza-hut-is-good.jpg&w=516&h=387&ei=KJbKTsCfGMmW8QO6keGKAQ&zoom=1)

*Pepperoni pizza and margarita pizza*

The ingredients needed to make a pizza base are:

1. White flour

2. Yeast

3. Olive Oil

4. Milk or water

5. Pinch of salt

For the topping:

1. Tomato puree

2. Grated Cheese

3. Other toppings such as ham, mushrooms, sweet corn, pineapple or pepperoni

**Naan Bread**

**by Hannah Shillingford**

****This term one of our topics is India, so when a chef came in to school to work with us, we made some naan bread. The name ‘naan bread’ originates or stands for the word bread. Naan bread is cooked all year round. Naan bread takes about 10 minutes to cook but approximately an hour to prepare. Although you can cook naan bread on a grill, traditionally it would be cooked in a tandoori oven. Although naan bread is not historically considered to be a British dish it has become really popular and is now seen as part of our food culture.

*naan bread*



*The Year 4 Bengal Tigers making naan bread in school.*

# **Tudor Jumbles or ‘Knot Biscuits’**

**by the Year 4 Bengal Tigers**

We are learning about the Tudors in history. Recently, we all spent a day at a Tudor house as rich and poor Tudors. The poor Tudors made knotted biscuits or ‘jumbles’ for the rich people who used them as table decorations.

Originally this recipe comes from a cookery book called “The Good Huswife’s Jewell”, written by Thomas Dawson in 1596. He spells jumbles as “iombils”.

Ingredients

1-1/2oz (40g) salted butter

1 tablespoon rose water

4 oz (1 15g) caster sugar

1 tablespoon caraway seed

2 eggs

8 oz (230g) plain flour

Beat the butter and rose water, add the sugar, and cream them together. Beat the eggs and add them, then add the spices and flour to make a soft dough. Knead the dough on a floured board and make it into about 15 simple knots, twists or rings. Put them on a buttered baking sheet. Bake in the oven (180’c, 350’F, gas mark 4) for 15-20 minutes. When they are golden, remove them from the oven and put them on a wire rack to cool.

*Tudor cooking with the Year 4 Bengal Tigers.*



**Fish and Chips**

**by Harry Williams**

First put together in 1854, and now in Britain everyone eats fish and chips. In 1860 Joseph Malin opened the first fish and chip shop in London and now there are over 11,000 in Britain.

Fish and chip shops are known as ‘chippies’, and they sell lots of different things now. Fish and chips used to be given to you in a newspaper, and were one of the only foods not rationed during World War 2. In Britain we eat 1.25 million tonnes of potatoes each year, and the fish we eat with our chips is Cod at 61.5% and then Haddock at 25%. I like to have curry sauce with my fish and chips and eat them by the seaside.

Fish and chips are usually cooked by frying them but the healthy option is to cook them in the oven.

How to cook fish and chips

To cook them you need to have 5 minutes preparation time

Cut the potatoes into chip shape.

Pre heat the oven gas mark 6

Cover the chips in a little oil

Put fish in a dish with some salt, pepper, and a little oil

Place in the oven for 40 minutes

*Everyone eats fish and chips and*

*they are eaten all year round.*